

Vol. 1 No. 2 **RAF Croughton, England** Oct. 28, 2005

New policy changes local area

Staff Sgt. Chris Stagner 422nd ABS Public Affairs

A new 501st Combat Support Wing policy is not in effect that changes the way Airmen need to prepare for their weekends.

The policy limits the distance Airmen can travel to no more than five hours from RAF Croughton, to include driving conditions, and not off the island if not on leave or special pass.

The new policy doesn't end the ability Airmen have to explore Europe, though. The special passes commanders can grant enable Airmen to travel outside of the local area. Commanders may grant these passes at their discretion to recognize superior performance or a significant accomplishment. .

"We're not going to squash the pass policy," said Col. Vincent D'Angelo, 422nd Air Base Group commander.

What the new policy does do is ensure Airmen and their families are protected in the event something negative

Photo by Tech. Sgt. Robert Ashley

You're wearing it wrong!

A young girl and boy try on their helmets at the RAF Croughton Fire Department Oct. 14 during Fire Prevention Week. See related feature on Page 7.

- See Leave on Page 3

Inside

Seat Belts

Wear of seat belts mandatory on and off base for Croughton Airmen.



Fit

Combat Fitness plays role in readiness and morale.





Editorial Staff

Lt. Col. Jim Ryan422nd Air Base Squadron
commander

Staff Sgt. Chris Stagner *NCO in charge of Public Affairs*

Multimedia support is provided by Tech. Sgt. Robert Ashley

This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of The Uplink are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared and provided by the Public Affairs office of RAF Croughton. All photographs are Air Force photographs unless otherwise indicated.

The PA office can be reached via mail at 422nd ABS/PA, Unit 5855, APO, AE 09494, via telephone at 236-8468 or 01280 708 468; or via e-mail at 422abs.pa@croughton.af.mil.

The deadline for submissions to The Uplink is no later than close of business the Thursday eight days prior to the desired publication date. Briefs are due no later than 3 p.m. the Wednesday nine days prior to the desired publication date.

Articles must be submitted electronically with contact information reference the article directly to the 422nd Air Base Squadron Public Affairs Office via e-mail to 422abs.pa@croughton.af.mil.

All material is edited for accuracy, brevity, clarity and conformity to regulations.

Corrections: The 422nd Air Base Squadron Public Affairs Office strives for accuracy in each edition of The Uplink. If an error is noticed, contact The Uplink staff, 422nd Air Base Squadron Public Affairs at 236-8468 or 01280 708 468 or via e-mail at 422abs.pa@croughton.af.mil and a correction will be published.



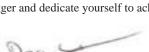
USAFE Airman Information File Self Improvement October 2005

"Victory smiles upon those who anticipate the changes in the character of war, not upon those who wait to adapt themselves after the changes occur."

Italian Air Marshall Giulio Douhet

Self-improvement in support of anticipated mission requirements is at the heart of everything we do as members of the profession of arms -- especially in our dynamic world. It is the intrinsic factor that you bring to the fight. Personal improvement builds upon what you are trained to do and what you are capable of doing. Your efforts to improve can directly impact the mission.

Your focus should be on deliberate selfimprovement -- not "square filling." You must tailor your efforts to improve areas that lead to value-added contributions to the mission and combat readiness should be your first concern. Every combat veteran will attest that personal readiness can mean the difference between mission success or failure on the battlefield. As an example, personal fitness is more than the ability to run, do a few push-ups, and crunches -- it is developing the mental and physical acuity necessary to outperform your adversary. In identifying an area for self-improvement ask yourself, "Will my improvement in this area benefit the mission?" If you answer "yes," pull the trigger and dedicate yourself to achieving



General Doc Foglesong

that goal.

Expect challenges along the way -- no real goal is without adversity. Go around them, go over them, go under them, or dig through them. Be relentless -- don't ever turn back. Make self-improvement goals the dominant focus in your life. It is a known fact that successful people make an "obsession" of their self-improvement goals.

Benjamin Franklin's entire life reflected his belief in self-improvement -- a model of the self-made man. He worked constantly to improve and became one of the most respected intellects of the Western world.

There are many resources available to you in your quest for focused self-improvement. Combat Education is designed to assist you in removing obstacles in pursuit of educational goals. USAFE University stands ready to bolster any technical, professional, or educational goal you may have. Supervisors will mentor and guide you in attaining the resources you need

The message is clear -- develop a professional edge on your competition. We give you the tools and training needed to do your job, and you bring the courage, determination, and passion to excel. Your personal contributions are what make our Air Force the most feared and respected in the world -- every day you improve, we all get better!



Commander's Action Line

The Action Line is your direct line for comments and suggestions on how to make RAF Croughton a better place to live and work.

It is also an avenue to resolve issues you have been unable to resolve through the responsible agency or your chain of command.

If your concern still can't be resolved, please call the Action Line or send your concern via e-mail.

Items of interest to all RAF Croughton readers may be published in *The Uplink*.

If you leave your name and tele-

phone number or e-mail address, you will receive a reply. Anonymous inquiries will not be published.

Including your contact information will also give us a chance to get more information the problem.



Col. Vincent D'Angelo

more information if needed to solve the problem.

To submit an Action Line, call 236-8017 or e-mail <u>422abg.commanders.actionline@croughton.af.mil.</u>

Seat belts mandatory, safe in USAFE

Staff Sgt. Chris Stagner 422nd ABS Public Affairs

The use of seat belts is something the Air Force has aggressively worked to make a part of Airmen culture. That culture just got a little more serious.

RAF Croughton Airmen from the 422nd Security Forces Squadron are working with the 422nd Air Base Group Safety office 24 hours per day, seven days per week to accomplish more frequent checks for people not wearing their seat belts. The penalty for being caught not wearing a seat belt is not to be taken lightly.

"For a first-time seat belt offense, Airmen have to meet with the first sergeant and their squadron commander," said Staff Sgt. Matthew Porter, 422nd SFS NCO in charge of police services. "For a second offense, the Airman must meet in full service dress with the group commander. A third offense will result in suspension of installation driving privileges per direction of the group commander."

The SFS isn't just looking for Airmen. The seat-belt policy affects every driver, military or civilian, American or British, on Croughton.

All drivers will receive four points

against their driving privileges if someone is in their car and not wearing a seat belt.

Ameri-Also, can civilians are required to inform their direct supervisors within 24 hours of receiving a ticket for not wearing a seat belt. Ministry of Defence employees are required to meet with the RAF commander within 24 hours of receiving a ticket.

Another part of combating people not wearing seat belts is the 'Click It or Ticket' program.

"The 'Click It or Ticket' program is an indefinite program and will be utilized to promote operator and passenger safety," said Sergeant Porter.

Tech. Sgt. Justin Grant, 422nd ABG Safety manager, reiterated the importance of using seat belts.

"There were three accidents [in USAFE] in August and September, one of which included a fatality," said Sergeant Grant.

"We're fortunate here. Our drivers have been practicing safe policies for sometime now, but we don't want them to become complacent. To ensure our Croughton Airmen are properly educated and making the right decisions, we're stepping up our seatbelt checks."

Not being complacent has definitely played a role in the safety of two Croughton Airmen in the last two

"We've had two accidents in the last couple of months," said Sergeant Grant. "Both Airmen were wearing their seatbelts and weren't injured. Both vehicles were totaled, and both of Airmen were able to walk away.

"What can I say about seat belts? Just use them. They are there to save your life.

"They are an operational risk management device developed for us to save lives, and they have been doing just that," said the safety NCO.



Photo by Staff Sgt. Chris Stagner

Staff Sgt. Richard Goines, 422nd Air Base Squadron Commanders Support Staff, puts on his seat belt before driving on RAF Croughton. The wear of seat belts is mandatory for Airmen on and off base. The wear of seat belts is mandatory for all passengers on base too.

Leave

Continued from Page 1

should happen while they travel.

"We lost two Airmen in USAFE this summer," said Colonel D'Angelo. "They weren't on leave, and it appears they were in a hurry to get back home. We want to make sure our Airmen aren't in that situation. We want to make sure our Airmen are living safely."

In today's world, where terrorist attacks have hit too close to home in the states and in England, this policy is an added piece of protection and communication.

"We have to be able to reach out and touch our Airmen,"

said the colonel. "How do we contact our Airmen and make sure they're safe if a bomb goes off in London over a fourday weekend? We want to be able to take care of our people."

Airmen who have read the policy agree with the commander.

"I understand why the new policy was implemented and it makes sense," said Staff Sgt. Scott Baker, 422nd Air Base Squadron Financial Management Flight accounting liaison technician. "The 'wingman' philosophy is there to make sure we take care of each other. We need to follow that philosophy and make sure we're taking care of each other. Making sure someone doesn't drive to France to shop for the day and try to make it back in time for work when they can't is part of doing that. I wouldn't let my wingman do it."

News Briefs

Chapel Harvest

The Chapel will host a Chapel Harvest Party Sunday from 3 to 5 p.m. for Croughton children. Children are asked to come in costumes as long as they're not horror or monster costumes. Dressing as their favorite saint is encouraged. The entrance fee is one bag of candy to share. For more information, call the Chapel at 236-8287.

Trick or Treat

Halloween Trick or Treating will be held in military family housing (both Croughton and Caversfield) Monday from 6 to 8 p.m. Younger children are encouraged to go from 6 to 7 p.m. while 7 to 8 p.m. is intended for older kids.

NCO Induction

The NCO Induction Ceremony will be Nov. 9 from 5 to 8 p.m. at the Consolidated Club. Uniform is mess dress or semi-formal. Cost is \$20 for roast beef or chicken dinners and \$15 for vegetarian dinners. Unit POCs are:

- ◆ **ABS**: Staff Sgt. Sophia Tilman, 236-8109
- ◆ SFS and ABG: Tech. Sgt. Justin Grant, 236-8580
- ◆ CS: Staff Sgt. Claudine Jarvis, 236-8068
- ◆ CES: Staff Sgt. Charina Golson, 236-8737

Climate Survey

The Air Force Climate Survey takes place until Nov. 23 at https://afclimatesurvey.af.mil. The survey is the opportunity for Airmen (active duty, Guard, Reserve or civilian employees) to affect change within their direct leadership.

Force shaping board to meet in 2006

Master Sgt. Mitch Gettle Air Force Print News

WASHINGTON – Company grade officers in the 2002 and 2003 year groups may be involuntarily separated after a force shaping board convenes in 2006 and continues to meet annually to properly shape the officer corps to meet emerging Air Force needs.

Instituted by the Air Force, the board will be a regular aspect of force management and development in the future.

Authorized by the secretary of the Air Force, the board convenes at the Air Force Personnel Center at Randolph Air Force Base in April.

Force shaping efforts started in 2004 and evolved in an effort to meet congressionally mandated fiscal year end strength requirements and maintain a balanced force.

"The force shaping board is another aspect of our force management and development," said Brig. Gen. Glenn Spears, Air Force director of force management policy.

"We must have a balanced force of officers and enlisted Airmen to meet the missions of today and tomorrow," added the general.

The Air Force began fiscal year 2006 with a force imbalance. It was approximately 6,000 enlisted under strength and over strength by approximately 3,000 officers.

A current excess of nearly 4,000 officers -- primarily from the 2000 to 2004 commissioning years -- makes worse the imbalance and has a long-range impact on the effective development of the officer corps and the ability to access sustainable numbers of enlisted Airmen. Despite an aggressive voluntary force shaping campaign, the Air Force has not achieved the balance of commissioned to enlisted Airmen through existing voluntary means.

Congress recently gave each service secretary increased authority to proactively manage their junior officer corps through force shaping efforts.

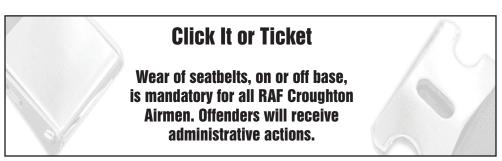
"The Air Force values the service and sacrifice of all Airmen who volunteer to serve, and separating officers is a difficult decision that we do not take lightly," General Spears said. "This first force shaping process will 'select-in' approximately 7,800 line officers commissioned in 2002 and 2003 to continue to serve in our active Air Force."

Eligible officers may continue to apply for voluntary separation until March 1 using the force shaping initiatives already approved.

Subsequent boards will consider officers commissioned three years earlier. For example, the 2007 board will evaluate officers commissioned in 2004.

"We value the service of all our Airmen," General Spears said. "Voluntary force-shaping initiatives, and the force shaping board, are key aspects of our force management and development.

"Our Airmen have many opportunities to serve -- in the Air Force Reserve or Air National Guard; as Air Force civilians or in the Army," the general said. "We encourage Airmen in the affected year groups to pursue those opportunities to continue service to our great nation."



Unit and job title: 422nd ABS - Career Enhancements Manager

Time in service: 3 years, 10 months

Time on station: 1 year, 11 months

Family: Kevin, husband

Hobbies: Reading, shopping and lis-

tening to music

Supervisor's quote: In addition to her taking care of her own duties, Airman Mitchell stepped up and handled most of her coworker's while he was deployed and will continue to do so until he returns from ALS in December. She has done a good job of supporting our four new squadrons as our way of doing business has changed.

How do you support the RAF Croughton mission? I provide customer service to all Airmen and retirees on Croughton and in the GSUs.

If you could do one thing to improve Croughton, what would it be? I would build a hospital to take care of our medical needs a little better.





The Spotlight On ... is intended to recognize technical sergeants and below who epitomize what it means to be a part of Team Croughton. Submissions must be sent to 422abs.pa@croughton.af.mil by squadron superintendents.

CUT ON DOTTED LINE AND STICK ON YOUR FRONT DOOR

Even on a communications base

Effective communication is possible

Capt. Michele Ashley 422nd Air Base Squadron

One day, walking through the nature reserve,
I witnessed two people sitting back to back, resting on a large rock.



Capt. Michele Ashley

They had obviously been trekking for a

while, and one of them was looking at a small wound on her leg – a thin line that could have been from brushing a thorny bush.

As she looked down, she mentioned to her friend, "I got a scratch."

Without looking at her, he replied, "So go ahead and scratch. Why are you telling me?"

Have you ever said something in plain English and been completely misunderstood?

Communication is necessary everyday when you want to send a message to others.

Yet no matter how much experience you have talking or writing, there are times when the communication is just not as effective as you would like it to be.

Whether on the phone, in an e-mail or face-to-face, there are cues and words with multiple meanings that can take the sender and receiver in different directions. When you are aware of what it takes to send an effective message, you can avoid some of the pitfalls that make communication so frustrating.

For more Effective Communication:

Understand the message you want to send:

Some common barriers to effective communication are:

- ◆ Environment noise level, proximity to others and personal needs may sabotage the message
- ◆ Gatekeeper holding information that others need to know
- ♦ Over-talker (sender and receiver) likes to hear his own voice and loses the audience and the message if sending or doesn't let sender finish message if the receiver
- ◆ **Vocabulary** sender uses \$10 words to impress peers or subordinates; words with different meanings for different organizations
- ◆ Thinker receiver forming the response before the sender is finished
- ◆ Yes-man receiver agrees with everything coming from the sender and loses the content of the message
- ◆ Rank-phobic receiver concentrates on the collar and doesn't hear the message
- ◆ Critic receiver looking for problems in the message or sender
- ◆ **Distracted** receiver is multi-tasking and does not pay attention to the message
- ◆ Impatience receiver not taking the time to receive the full message, whether in verbal format or text, some people are just too busy for the whole message
- ◆ Ulterior motives receiver anticipates how they can gain personally from the message

If you don't know your topic, how will you explain it to others?

Know your audience:

Watch out for office speak. Some words have different meanings depending on the office. "Spotlight On" to the reader of Page 5 in 'The Uplink' is different for stage managers of the local shows.

Choose your mode of communication carefully:

Use customs and courtesies when appropriate. Take into account nonverbal cues and email protocol. Voice level, eye contact, posture and emotions are all part of communication. Using all caps in e-mail is SHOUT-ING – and shouldn't be done.

Be polite:

Respect yourself and others. Don't talk down to people or use inappropriate language. Remember to say

"thank you" when appropriate. That old line about getting more bees with honey than with vinegar still holds true today.

Start your message on a positive note:

Even if you are going to discuss something unpleasant, a positive start puts the audience at ease. Starting with a negative tone will put the audience on the defensive and they might not hear the entire message.

Take responsibility:

Whether you are the sender or the receiver, you need to make sure the message is effective. Ask questions or rephrase the message when necessary.

As with all skills, you must practice to be most effective.

Watch for the barriers and consider the cues you send to others and you will be communicating more effectively. Dogs running loose in the streets ... Children finding fire hazards in the school ... People jumping from towers ...

Firefighters use fun to teach community

Staff Sgt. Chris Stagner 422nd ABS Public Affairs

Sparky the Dog roamed the streets, firefighters roamed the halls of Croughton American School and repelled off towers; and children chanted, "Matches, matches never touch. They can hurt you very much."

RAF Croughton celebrated Fire Prevention Week with an atmosphere of entertainment and education.

One way the Fire Department did this was to hit the kids where they already spend their days learning ... school.

"We're trying to get a message to the kids to get out of their homes and not go back in [if there is a fire]," said Roy Taylor, 422nd Civil Engineer Squadron Fire Department lead firefighter. "We talk about evacuation plans and smoke detectors."

Firefighter Taylor and the other firefighters who went to Croughton American School accomplished this education by mixing games with literature.

One complete classroom was redesigned to look like an apartment. Children were challenged to go through the apartment-like classroom to find the fire hazards that were there.

"It's amazing what the children find," said Kathleen Whalen, a teacher at the school. "They find things adults might not find because we're so used to seeing the mistakes everyday."

In addition to searching for fire hazards, the students at Croughton American School played games and dressed up as firefighters to learn how firefighters work.

The games and learning didn't stop at the school, though.

Croughton's firefighters ended the week by inviting the community into the Fire Department for a tour. Needless to say, it was a big hit with the kids.

"I went on a fire truck! It was very good," exclaimed an exuberant Isaac Tallent, 5-year-old son of Maj. Bryan Tallent, 422nd Air Base Squadron Medical Flight dentist. "I got to wear someone's helmet!"

While the equipment was the highlight for young Isaac, Sparky the Dog was the most memorable thing for Ariel Foster, daughter of Staff Sgt. Keven Foster, 422nd Communications Squadron NCC infrastructure technician.

"I liked seeing the puppy," said Ariel. "He waved at us at the firehouse."

Though the children didn't agree on the best part of the week, they did remember something together, and that's what proves the week served its purpose.

Both children said to themselves, "Matches, matches, never touch. They can hurt you very much."



Photo by Staff Sgt. Chris Stagner

Matthew Tallent dresses in firefighter gear during a game at the school on Oct. 13.



Photo by Tech. Sgt. Robert Ashle

Children from Croughton American School look on with 422nd Civil Engineer Squadron Firefighers at the Fire Department Oct. 14 as part of Fire Prevention Week. The demonstration showed children how quickly a grease fire can spread.

CSIP POCs

Combat Education

Tech. Sgt. Ronald Tucker 236-8620

Combat Fitness

Tech. Sgt. Dan Gallagher 236-8541

Combat Intro/Exit

Master Sgt. William Franklin 236-8228

Combat Nighthawk

1st Lt Chad Johnson 236-8191

Combat Proud

Capt. Shawn Jensen 236-8258

Combat Touch

Chaplain (Capt.) Shannon Philio 236-8287

Hidden Heroes

Master Sgt.
James Foreman
236-8584

Project CHEER

Hannah Slatter 236-8294

Project Wizard

Evette Pearson 236-8245

Project SMART

Tech. Sgt. Justin Grant 236-8580

Customer College

2nd Lt Nicolas Kuc 236-8216

Combat Care

1st Lt. Allison Ecung 236-8209

Project Connect

Col. Vincent D'Angelo 236-8974

Combat Wingman

2nd Lt. Tim Soehner 236-8220



Photo by Staff Sgt. Chris Stagner

Staff Sgt. Sophia Tilman, 422nd Air Base Squadron Financial Management Flight NCO in charge of military pay, inputs her work out into the FitLinxx system. Airman must input at least 12 workouts per month into the system.

Combat Fitness changes NCO's life, now he's ...

Losing weight and feeling great

Staff Sgt. Chris Stagner 422nd ABS Public Affairs

The Air Force of today differs to the one of the past. No longer is the motto "We send our officers to war" accurate. Enlisted Airmen today are serving side by side with Army Soldiers. Convoys depart Iraq and other locations with Airmen on them providing logistics, mechanical and security support.

The Air Force is in the middle of a war on terror that has no end in sight. As such, the days of going TDY and "staying in the Holiday Inn" are over. All Airmen are now a part of the combat Air Force. Because of this, never before has physical fitness been so important.

One RAF Croughton Airman embraced the Combat Fitness mentality and has prospered.

"I've lost 20 pounds," Staff Sgt. Jerron Alford, 422nd Security Forces Squadron security controller, said proudly. "I started doing cardio and circuit training no less than four times per week. I was aggressively pursuing a healthier lifestyle."

Adding cardiovascular exercise to his day-to-day activities was just the tip of the

iceberg for the lifestyle change that followed for Sergeant Alford.

He cut red meat out of his diet. He quit smoking. He started drinking more water.

"I quit drinking everything but water," Sergeant Alford said. "I was drinking up to five litters a day of water."

Sergeant Alford also bought a treadmill for his home for those times when it's difficult to get to the gym.

Looking better in uniform isn't the only improvement Combat Fitness made in the sergeant's life.

"It's made my home life a lot better," Sergeant Alford said. "I've got more energy now, so when I get home from work I'm not exhausted. I go on bike rides with my kids now and play with them a lot more. It's been really great."

Being a good mentor and supervisor was one of the reasons the NCO changed his lifestyle.

"I realized I wasn't in the best shape of my life," said the security controller. "I figured taking advantage of the program would not only help me out personally, it would show the Airmen around me that fitness is a part of our Air Force culture. I just wanted to lead by example."



Photo by Staff Sgt. Chris Stagner

American Ashes

Stefan Grudzinski (right), son of Adam Grudzinski, 422nd Civil Engineer Squadron Housing Management assistant, bowls at the last Cricket match of the season for the RAF Croughton team. The team finished its inaugural season 4-8 and was highlighted on ESPN.com at http://sports.espn.go.com/espn/wire?section=cricket&id=2176285.

Tips to stay in shape

(Editor's note: Information provided by the Fitness Center.)

- ◆ Find a work out partner, someone at a similar fitness level who shares your goals or has similar goals
- ◆ Write down your goal and keep it somewhere where you will see it frequently in your day planner, on your computer or desk top
- ◆ Bribe yourself! Set up your goal for a set amount of time for example, a month then establish how you will reward yourself once you reach that goal. You may decide to buy a new pair of workout shoes or treat yourself to a body massage, a movie or a new exercise outfit. If you are trying to lose weight, your reward should probably not be food related, but otherwise only your budget and imagination are the limits!
- ◆ Focus on the benefits of exercise how it makes you feel, how your body is changing. By having a reward established, that is one more positive to focus on!
- ♦ Don't get bogged down if your weight loss or other hoped-for benefits are slow in coming. Try to stay focused on the long term, and again, if you have a reward system you can look forward to that reward in the short term. If you find it difficult to make exercise fit into your day, block it out in your calendar as if it were an important meeting that you must attend, then don't let anything interfere with that 'appointment.'
- ◆ Talk to your doctor if you have any medical concerns or are taking any medications that might impact your heart rate or ability to exercise.

Sports Briefs

Circuit Training

Circuit training classes are available:

- ◆ Monday at 7 a.m. and 3 p.m.
- ◆ Tuesday at 7 a.m. and 3 p.m.
- ◆ Wednesday at 7 a.m. and 3:30 p.m.
- ◆ Thursday at 7 a.m. and 3 p.m.
- ◆ Friday at 3 p.m.
 For more information, contact
 Ceri Griffin at 236-8449.

FIT FACTOR

FIT FACTOR is a Web-based program that encourages youths between the ages of 9 and 18 to adopt a healthy lifestyle.

The following RAF Croughton youths have passed the 1,000-point mark in FIT FACTOR:

- ◆ Toby Tomassi
- ◆ Roderick Ferguson
- ◆ Emily Evans
- ◆ Jonathon Robinson

For more information, contact Martin Fairhurst at the Youth Center.

Healthy Living

Healty Living Workshop Classes will be offered:

- ◆ Tuesday at 1 p.m. in the conference room at the Medical Clinic.
- ◆ Nov. 15 at 1 p.m. in the conference room at the Medical Clinic.

For times or more information, contact Ceri Griffin at 236-8449.

FIP Class

Fitness Improvement Program classes will be offered:

- ♦ Nov. 10 at 1 p.m. in the conference room at the Medical Clinic.
- ◆ Nov. 24 at 1 p.m. in the conference room at the Medical Clinic.

For more information, contact Ceri Griffin at 236-8449.

Croughton American School 01869 810 613 236-8490



Contest winners

The following students won teh Fire Prevention Week art and writing contest:

Ross Phaneuf Chase Hurt Micah Hoffland Ryan Cernicky Brianna Ladd Alexes Liggins Alexandra Schultz Toby Tomassi

No school

There will be no classes Monday or Nov. 4.

SIP meetings

The school will highlight the School Improvement Plan during parent meetings throughout the year. Parents of 2nd Grade students are scheduled for Nov. 8 at 11 a.m. in the Media Center.

Book Fair

The school's PTO will host a Book Fair the week of Dec. 5. The fair will be in the Media Center and will have books at reasonable prices.

PCS Planning

Students who PCS after May 18 will meet the required number of school days for promotion. Those who PCS before that date will have to finish school at their new location.

Chapel 236-8287

Catholic services:

- ◆ Sunday at 9:30 a.m.
- ◆ Monday through Wednesday and Friday at noon
- ◆ Communion Service is Thursday at noon
- ◆ Religious education is every Sunday from 11 a.m. to noon at Croughton American School.

Protestant services:

- ◆ General Protestant Worship is every Sunday at 11 a.m.
- ◆ Sunday school is every Sunday at Croughton American School from 9:30 to 10:30 a.m.
- ◆ The Protestant Youth Group meets every Sunday at 2:30 p.m. in the Chapel Annex. For more information, contact 1st Lt. Chad Johnson at 236-8191.

General Chapel Information:

- ◆ Christian Men's Luncheon and Bible Study meets in the Chapel Annex every Wednesday at noon.
- ◆ The Combat Touch dinners are held the second Tuesday of each month at 5:30 p.m.
- ♦ The Dorm Dinners are held the fourth Tuesday of each month at 6 p.m.
- ◆ Catholic Parish Council Meetings take place every month on the Monday before the last Sunday.
- ◆ Protestant Parish Advisory Council Meetings take place every other month on the second Sunday. The next meeting is Nov. 13.

Community Center 236-8706

Children's Halloween

The Community Center will host a Halloween party for children of all ages Saturday from 6 to 8 p.m. The entry fee is one bag of candy per child.

Warwick Castle

The Community Center will host a tour to Warwick Castle Saturday. The cost is £45 and includes transportation

Consolidated Club 236-8432

Halloween Party

The club will hold an Adult Halloween Party tonight at 9 p.m. It is free for club members and \$5 for nonmembers.

Football Frenzy

The club hosts Football Frenzy every Sunday at

6 p.m. NFL games will be played on big-screen TVs. Prizes will be given every week with the opportunity to win a trip to the Super Bowl or Pro Bowl.

Outdoor Rec 236-8419

Malvern Hills

Outdoor Recreation will host a trip to Malvern Hills Nov. 13. The walk is suitable for an active family. The area is famous for being the home of composer Elgar. The trip costs £10 for adults and £5 for children under the age of 16. Transportion will depart at 8:30 a.m.

Vet Clinic 226-7097

Veterinarian

The Feltwell Vet Clinic will visit RAF Croughton on Nov. 23 to provide animal health care appointments. Services offered include vaccinations, micro chipping, health certificates, de-worming, heartworm preventive medication, prescription shampoo and diet food for both cats and dogs.

Human Resources 236-8292

The 422nd Air Base Squdron Services Flight has job opportunities available.

Jobs are currently available at the Child Development Center, Consolidated Club, Bowling Center, Youth Center and Lodging. Pay rates range from \$6.97 to \$9.01 per hour.

For more information, contact the Human Resources Office.

ACROSS

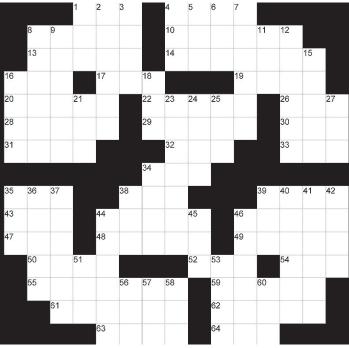
- 1. Female deer
- 4. Rose
- 8. Halloween query
- 10. Turns
- 13. Therefore
- 14. Flying
- 16. Rep. opponent
- 17. Computer component port, in short
- 19. Wife of Jacob
- 20. Primate, in short
- 22. Made a choice
- 26. CD-___; computer part
- 28. Halloween goal for children
- 29. Removes by force
- 30. 6th sense
- 31. ___war that shapes peace... Thomas Fuller
- 32. Pas' partner
- 33. Space shuttle, in short
- 34. Lifesaving act, in short
- 35. Org. concerned with troop morale



Oct. 14 Solutions

- 38. Golfer Se Ri
- 39. Halloween costume part
- 43. Cash machine
- 44. Feeling on Halloween
- _ Fe, N.M. 47. Before, poetically
- 48. Spy
- 49. Alternative to 8 ACROSS
- 50. Thrilled
- 52. Pie _ __ mode 54. Field food
- 55. Halloween character
- 59. Gelatin
- 61. ___ is believing
- 62. Halloween hag
- 63. Crude person
- 64. Fed. cryptology org.

- 1. Hubbub
- 2. Dwell
- 3. ___ out a living
- 4. Nav. system
- Grande 6. Actress Mendes
- 7. The War of the
- 8. The Cat in _
- 9. King of Queens actress
- 11. Even
- 12. Traps
- 15. Halloween Haunted House denizen
- 16, 701 to Cicero
- 18. Saying from 15 DOWN
- 21. Doctors, in short
- 23. Jack-o-lantern starter
- 24. Russian ruler, once
- 25. Aliens, in short
- 27. Army policemen, in short
- 34. Package for deployed personnel 35. Middle East country, in short
- 36. Stalk of threshed grain



- 37. Greek letters
- 38 Wooden dowel
- 39. Scratch
- 40. Languid
- 41. Laundry stiffener
- 42. American feminist leader Millet; wrote
- Sexual Politics
- 44. F-15s

- 45. Greek letter
- 46 Motionless
- 51. Mining target 53. Sod
- 56. Car need
- 57. USN equivalent to CSAF
- 58. Former USSR agency
- 60. School org.

THE STREET

What are you going to do to get ready for winter?



Sharon Haddy 422nd ABG

"I get my husband to make sure there is antifreeze in the car."



Master Sgt. **Gerald Vallow** 422nd CS

"I will check the antifreeze in my cars and throw some winter supplies in the trunk. I also have my home heating system checked out and my chimney swept."



Tech. Sgt. **Robert Ashley** 422nd CS

"I'm going to rust proof my classic Mini by coating all the cracks with wax."



Staff Sgt. **True Pasley** 422nd ABS

"I'm going to gain an extra layer of fat and knit mittens. Maybe I'll try to grow some more body hair. Does it get that cold in England?"

